

C.O.P. to COP

and the membership at large

The Online Newsletter of the Nassau County Police Department

Volume 9

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Number 2



Caption on page 2

FROM THE DESK OF...



Lawrence W. Mulvey

Although the year 2008 ended over a month ago, the Department is just now closing the books on last year. It takes about an extra month (we call it month 13) to get an accurate picture on the fiscal aspects of the year. Bills come in after the year for fuel, goods and services rendered in December as does revenues for such things as ambulance billings, pistol license fees, etc. from the prior year.

Although the Department did exceed the overtime budget for 2008, we did reduce expenditures by approximately \$5.5 million from 2007. I commend all of you for your efforts in containing overtime.

With respect to crime statistics, major crime was essentially flat with a very slight increase of .62% over 2007. I am quite pleased with this result. Holding the line on crime at a time when the county is in the midst of the most serious economic downturn that it has faced in decades supports my view that the Nassau County Police Department is the finest in the country, accordingly Nassau County remains the safest community of a half million or more in size in the United States.

Having said that, the year ahead may be the most challenging year the Department has faced in its history. Unemployment is high, home foreclosures have never been higher and the Nassau County consumer is simply not spending. Consequently the sales tax revenues, which are the biggest contributor to the county's budget, are not forthcoming.

As of this writing, final decisions have not been made but be assured changes and adjustments will be made that will impact everyone in our organization. These sacrifices in conjunction with your anticipated hard work and patience will see us through this financial crisis. ▶

MEMBER EVENTS

Send personal and professional stories and photos to newsletter@pdcn.org or call Ann Schockett, Editor-in- Chief, at Ext. 7011.

"HOMECOMING"



(l-r) Cty. Exec. Suozzi and Comm. Mulvey (back) join PO Baribault and son at Baribault's homecoming.

PO Ken Baribault's homecoming from the Kessler Institute took place on Tuesday, January 13, 2009 at 1230 hours. Upon arrival at his home in Nesconset, County Executive Tom Suozzi, Police Commissioner Mulvey and attending members of all ranks, under the supervision of the Police Academy Ceremonial Unit, formed up on the street so that the Baribault family could witness, once again, our Department's unwavering support and assistance. The Pipe Band serenaded with a rousing musical medley.

PO Baribault has made tremendous progress but still has a long road left to travel to complete recovery. We all wish him the best on this important journey.

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ON THE COVER:

PO Sharon Galvin, Community Affairs, shares dessert as part of a dinner sponsored by the Third Precinct POP for the Ronald McDonald House in New Hyde Park.

See story on page 5. ▶

MEMBER EVENTS *continued from page 2*

“HOMECOMING” *continued from page 2*



Department members and family welcome PO Baribault home.

“ANNUAL POLAR PLUNGE”

by Sgt. John Hermann, BSO

For all those interested, we will again be participating in the Special Olympics Polar Plunge at Bar Beach, Port Washington on February 28, 2009.

We are recruiting any and all members looking to join our team. Friends and family are also invited to this important event. Follow the link and join our team and help meet our fundraising goal. Check out the incentives to raise money on

“1000 AND 6000 COMPETE”

by Explorer Marissa Boyle, Post 1000

On December 30, Explorer Post 1000 and Post 6000 had a lot to be excited about. In addition to performing great in the NYPD competition, they also had a ‘fun day’ at QZAR, playing laser tag.

The NYPD’s Explorers have been generous for the past couple of years allowing the Nassau County Police Explorers to come out to their Winter Competition. Year 2008’s, held in the Bronx, was no different offering the competitions of domestic violence, crime prevention, as well as white collar crime scenarios.

Explorer Post 1000 continued to show their strength in competitions, excelling in Crime Prevention, in which they won 1st place. Post 1000’s sister post, 6000, also did very well. They ended up winning 3rd place in white collar crime, which was exceptional since this was their first winter competition.

Once obtaining their medals, both Post 1000 and 6000 were off to QZAR, back on Long Island, to meet up with the rest of the explorers who didn’t attend the competition. QZAR is a place of “technologically advanced laser tag” where two teams go head-to-head in order to win the most points, by means of shooting at each other, or attacking the other team’s

site, set up your page and link it to our team.

Last year, few encountered freezing rain and frigid temperatures but we all had a great time for a great cause!

Link to BSO team: <http://polarplunge.kintera.org/longisland/sgtjth902> (The BSO link will take you to the team link, which will invite you to join our team.). Link to NCPD team: <http://polarplunge.kintera.org/longisland/ncpdbs>.



Explorer Posts 1000 and 6000 at the NYPD Winter Competition.

‘home base.’ The green team might have taken a beating to the red team, but winning or losing this competition was hardly important. Afterwards, the explorers were treated to dinner at a local pizzeria.

As Officer Daniel Johannessen, First Precinct POP and of Post 1000, put it beforehand in an e-mail, this day was certainly a ‘fun day’ and a great way to end the year of 2008. Everyone looks forward to a fresh exciting new year of more fun, and maybe even more medals in upcoming

More ‘MEMBER EVENTS’ on page 4

“ROGUES ON 12”

by Mary Sheedy, CSIII, Photo/Rogues

On January 22, 2009, Nassau County’s Rogues Gallery hosted News12 Long Island reporter Virginia Huie for an interview of our forensic artists, Detectives John Fennessy and Thomas Bischoff. The interview focused on the training and duties of a forensic artist, as well as interesting job related stories in which composite sketches aided in the capture of wanted subjects.

The interview was aired on Channel 12 on February 5, 2009.



(top) Det. Tom Bischoff, Rogues and Det. John Fennessy (r), Rogues flank Ch. 12 reporter, Virginia Huie holding a portrait created by Det. Fennessy.

(left) Ch. 12’s Virginia Huie interviews Det. Bischoff.

“EXPLORER PASTA NIGHT”

by Insp. Rick Capece, CO, Precinct Squads North

On Friday February 6, 2009, Explorer Post 1000 had its annual Promotion/Awards Dinner at the Uniondale Firehouse next door to Hofstra University. At this event, Explorers from Post 1000 were recognized for their achievements and some members were promoted to higher ranks. This year was special due to the fact that the NCPD Explorer Program won two 1st Place trophies at the annual Explorer competition hosted in Colorado this past August. Our Explorers competed with other Explorers from across the USA and some international Posts. It was quite an achievement. The First Precinct POP Unit did a fine job organizing a spaghetti and meatball dinner and a good time was had by all.



PO Glen Carpentier, Community Affairs; Leg. Dave Dennenberg, Dist. 19; Insp. Rick Capece, DD; Leg. Norma Gonsalves Dist. 13; PO Dan Johannessen; First Pct. POP, Lt. Kenneth Lack, DCO Community Affairs.

“A FLOWER CAN SAY SO MUCH!”

Information from Dept. Special Order 09-011

The American Cancer Society has proclaimed March 16 through March 20, 2009 as Daffodil Days in Nassau County and would appreciate your involvement in this most worthy cause.

Each cluster of daffodils will contain ten flowers. The cost is ten dollars per cluster. You can also make a minimum donation of twenty-five dollars for a Gift of Hope. That will enable the American Cancer Society to anonymously deliver a vase and one bunch of flowers to a cancer patient.

Sign-up sheets will be forwarded to all commands to aid in the collection of the donations and distribution of the daffodils.

There is no requirement that any member contribute to the American Cancer Society. Any contributions made are on a strictly voluntary basis.

On behalf of the residents of the County who benefit through the American Cancer Society, thank you for your anticipated cooperation.

More ‘MEMBER EVENTS’ on page 26

SPOTLIGHT

*by Insp. Peter Matusa, CO, Major Offense Squads
Highlights about our Department. Share your story. Email
pmatuz@pdcn.org.*

There are two articles included in this month's "C.O.P. to COP" SPOTLIGHT column. The articles describe the compassionate actions of a number of members of our Department.

Without belaboring the articles themselves, which are uplifting and touching, I would suggest we take a brief moment amidst the swirling fiscal crisis and the uncertainty of the times to realize that cops do care.

"4000 ARE BRIGHT LIGHTS OF THE HOLIDAY"

by PO Robert Chimienti, Fourth Precinct



(l-r) Explorer Kenneth Gilloon, PO Robert Chimienti, Explorer Nick Brancati, Explorer Michael Castro, Explorer Nicole Giulante and PO Frank D'Andrea.

Explorer Post 4000, realizing that many sick children may not have the Christmas they deserve this year due to cancer, decided to do something about it. All the members of Post 4000, with some special effort made by members Kenneth Gilloon, Nick Brancati, Michael Castro, Nicole Giulante, Fourth Precinct advisors PO Frank D'Andrea and this author, and help from the Nassau County Explorer Post Advisor Board were able to raise over \$1,500.00 for the Cancer Center for Kids at Winthrop University Hospital. With that money, it was off to the stores to purchase gifts and gift cards for those special kids.

Pictured are some of the gifts we were able to purchase with all the generous donations we received. We at Post 4000 would like to send out a special thanks to all the Fourth Precinct members who donated and to all who heard our call for help and responded so generously!

"AN EXCEPTIONAL DINNER"

by PO John Dockswell, Third Precinct

During my time as a police officer, I have always been aware that children are enamored with policemen. They love the uniform, our equipment and special units like our Mounted Unit, Canine Unit, Aviation, etc. While in the

mall detail for the last 11 years, rarely did a day go by that I wasn't approached by a child who wanted to say hello to us. You could tell by just having a brief conversation with the child that it made their day. I always enjoyed the interaction especially since some of our dealings with the public are not as good-natured.

Since I have become a police officer, I have always wondered if any programs in the Department visited sick children. I figured if healthy children enjoy talking with us then wouldn't sick children benefit from policemen spending time with them? In late August of this year, I became a POP officer in the Third Precinct. This unit gave me the freedom to explore whether I could do any outreach to nearby hospitals. I was always aware that we had Schneider's Children's Hospital and Ronald McDonald House in New Hyde Park. Without having a contact person, I went onto the Internet and looked up these two places and emailed possible personnel who might be interested in having police visit their facility.

Joanne Reda, the executive director of Ronald McDonald House, called me. She was very enthusiastic from the beginning. We sat down at Ronald McDonald House to discuss what sort of service we could provide for them. First, Joanne told me that Ronald McDonald House is a home away from home for families of seriously ill children. She also gave me a tour of the house, which was very impressive. It is a beautiful place that looks like Disney World. Due to the fact that the families spend most of their time in the hospital with their child it is difficult to do a formal police presentation in Ronald McDonald House. Joanne also told me that various groups provide dinner for the families of the sick children. I told her that was something that I could put together with the help of my co-workers. We booked a date for January 7th to put the dinner together.

When I told my co-workers about the event, they offered their help immediately. Volunteers included police as well as many civilians who work in the Third in a variety of capacities. Originally we were going to cook food on our own and bring it to the Ronald McDonald House. After some suggestions, I decided to tell some of my local restaurants about what we were putting together and they said they would love to be involved. They said they would provide whatever I needed. The following places donated fantastic food for the dinner: T.R.'s, Ivy Cottage, River Bay and LaParma, all in Williston Park. The Village Deli in Carle Place, Famous Dave's and Costco in Westbury also provided us with great food. Joanne Reda said it was the best food they have ever had during her tenure at the Ronald McDonald House!

The dinner night was a success. While the moms, dads and siblings of the sick children still have to deal with their heartbreaking situation, at least they had some quality food to nourish them during their stay. One mom tearfully told the media that it was nice to see that people cared about her and her situation.

It was nice to see the support that the Department provided

continued on page 6

SPOTLIGHT *continued from page 5*

for the dinner. Not only did Chief McHale and Chief Rocco support the dinner verbally but they both showed up and spent a lot of time at the dinner itself. Inspector Jaskot stayed the entire time. Lt. Lack, Sgt. Shapiro and Officer Galvin from Community Affairs also helped out a great deal. Also four of the Nassau County Explorers assisted as well. It was great to see my co-workers enthusiastically provide so much help on this night. They served food, conversed with family members, setup, cleaned up and more.

Additionally, News 12 did a story on the dinner, which raised awareness for Ronald McDonald House and the great work that they provide day in and day out. The Mineola American and The Illustrated, local newspapers, also wrote a story on the dinner.

Most importantly, we got to spend some time with some of the families who are staying at the house. Their stories are heartbreaking. One father told me that his youngest child who was just three years old was playing her Wii on New Year's Eve and suddenly had a seizure and has been on a respirator ever since. He was thanking us for providing dinner for his family. That was very humbling. As a parent myself, it is hard not to get emotional when you hear stories like this. Officer Galvin, Officer Wallenhorst and I were also able to go into Schneider's on this night to visit a couple of children. This was extremely gratifying for us.

When the night came to an end, I think everyone who



(l-r) Chief of Department Anthony Rocco, Dep. Insp. Chris Healey and Insp. Al Jaskot join police officers and civilians from the Third Precinct at Ronald McDonald House dinner.

helped out felt that they had really contributed to a worthwhile cause. It is also a reminder of why we originally became police officers and that is to help people. I hope to put together another event in the Spring with the help of my co-workers who have already expressed interest in helping out again. I realize in these difficult economic times that people are on tight budgets. However if you are going to support one charity you would be hard-pressed to find another one as deserving as the Ronald McDonald House.

IN MEMORIAM

"IN MEMORY OF PO KENNETH WILKINSON"

by Insp. Rick Capece, CO, Precinct Squads North



PO Kenneth Wilkinson

Command: First Precinct

Serial No. 5794

Shield No. 2627

Date of Appointment: June 29, 1973

Date of Death: February 3, 2009

On February 3, 2009, the First Precinct suffered the sudden loss through illness of an active member of the command, PO Kenneth Wilkinson, or better known as "Wilkie".

Wilkie was a cadet in 1972 and became a police officer in 1973. He served his entire career in the First Precinct and spent most of that time in Roosevelt. He was partnered with now retired PO Carl Miller for 25 years in RMP 117. He was best known for the dangling cigarette out of the corner of his mouth and "unique" outlook on life and the job. He would list as one of his great accomplishments the fact that he knew how to make a bow tie and was often seen at Christmas parties decked out in a tuxedo (with a hand rolled bow tie).

Many did not know that "Wilkie" was also an avid collector of old movies and TV shows and had an extensive collection of that type of memorabilia. Among his favorites were Hop-Along Cassidy and old westerns. He also had a diorama replication of the Alamo complete with miniature soldiers, cannon and animals.

He is survived by four children and three grandchildren. Rest in peace.

It's just a patch



Without you behind it.

YOUR OPINION COUNTS

Share your concerns, issues and ideas to help make
our Department the best it can be
Anonymous suggestions accepted

Call the PRIDE-line at

573-PRIDE

Professionalism Respect Integrity Duty Excellence

"Working together we can only succeed!"

CRASH COURSE

by Det. Michael Bazylewicz, Det. Gary Ferrucci and Det. John Lapine, VCARS, Homicide Squad

It's not always just a traffic accident. Tips from VCARS.

It's a pretty serious traffic crash, more than five cars involved. It starts as a cool, nice day. October 10, 2008. Cars are waiting on Sunrise Highway at Grand Avenue for a red traffic signal light. Suddenly a westbound car begins to swerve and now it's out of control. The car crosses over the raised concrete median and slams into three cars - each first in its lane. As you can guess, there are a lot of injuries, some serious. Interestingly, the driver of the car that started this debacle is not hurt seriously and tries to explain to the patrol officer that his tire just "blew out" and made him loose control. The officer looks at the 2005 Nissan Altima and sees that the tires seem to have plenty of tread and really do not appear to be very old. In fact the tires still have the mold "nibs" on the tread and sidewall. There was a definite failure of the sidewall and it is certainly a contributing factor for this crash.

So because this incident results in serious physical injury, VCARS impounds the car that started this crash. The investigation naturally centers on the tire that failed. The driver/ owner provides a receipt from a large tire distributor near his home. The invoice referenced two new P215/55R17 mounted, balanced, new valves, and used tire disposal. So these are new tires, bought a few days before the crash; most would say the tire failed because road debris or a nail or just something on the road cut it. Well, not so fast! A close look

at this damaged tire reveals something pretty cool. The tire did not get cut; it did not get punctured and wasn't scraped by anything from the outside. What we do find are tiny cracks around the rim/wheel that indicate oxidation and drying called "dry rot" and a large rupture flapping outward.

If these are new tires, right off the tire company shelves how can they be dry rotting? Well, they are NOT new, a little known "tire age code" is found on the inner wall. There are many codes indicating load bearing qualities, speed statistics, manufacturer recommended inflation rates and "when the tire was born" - yes, you can tell easily by looking at the sidewall. Usually in a raised "oval", you will find a code such as DFM402. This is really helpful when you are spending \$125.00 per tire. This code is the date the tire was manufactured, the "40" stands for the fortieth week of the year in the decade the tire was molded. The "2" represents the year 2002. So, you see the "brand new tires" were actually more than six years old when they were sold as "NEW". Now you can check when you buy tires for your own car, and have another piece of information to make your job easier and interesting. Here is a sample.



NEW! ROOKIE 10-81

by PO Shevy Berkovits, Fourth Precinct
A fresh way of seeing our Department.

"KNOWLEDGE IS POWER"

The Academy gave us the foundation needed to succeed with each other and at times on our own. But nothing substitutes for the schooling that pushing a post car can teach. Unfortunately, unlike some fellow graduates, I do not have the advantage of prior experience. Therefore, the moisture behind the ears will take a bit longer to evaporate. Because of which, the questions are abundant as are the helpful tips. When your serial number is greater than your base, anything is helpful. As an Academy supervisor once said, "Whether you are removed from the Academy 10 weeks or 10 years, it is your responsibility to stay educated and informed." Other industries and professions require their practitioners to adhere to some level of continued education. In our line of work those that do are branded buffs. According to Sir Francis Bacon, "Knowledge is power." How often are we called to a scene where the subjects know procedures better than we do? How do you think that comes

to pass? Somebody has been studying. And, it's not for a promotional exam.

The job helps keep us updated via Department email with Notifications, Force Orders, Change of Assignments, Death Notifications and Personnel Orders. What you may not be aware of is that all of these informative correspondences can be accessed away from a Department terminal. Click <http://mail.pdcn.org> from any Internet browser, use your serial for the username and enter the password as when first logging into Windows from a stationhouse PC.

Stay safe and stay informed.

QUOTE OF THE ISSUE

We must indeed all hang together,
or most assuredly. We shall all hang
separately.

Benjamin Franklin

OFFICER SAFETY

by Sgt. Anthony M. Biancardi, DCO FTU, Police Academy. Information regarding the health, safety and welfare of our officers.

“H.R. 218 PUT TO THE TEST”

THE FACTS OF THE CASE

In the evening of August 7th, 2008 four off-duty police officers patronized a local bar in Sturgis, South Dakota. Two of the officers were employed by the Seattle, Washington PD, and two were from US Customs and Border Patrol Agency, located in Blaine, Washington (state). All four were members of the Iron Pigs motorcycle club. All four were carrying concealed off-duty firearms. During that evening the four officers became involved in an altercation with members of the Hells Angels motorcycle gang. One of the officers shot one of the Hells Angels who was accused of starting the fight. The officer claimed he shot in defense of himself. All four officers were charged with violating the South Dakota law of carrying a concealed weapon.

THE COURT DECISION (EXCERPTED FROM LAW OFFICER MAGAZINE)

The officers filed a motion to dismiss the charges against them on several grounds. However, for purposes of this article, only one of several arguments made on behalf of the officers is addressed—that the officers’ arrests were preempted by a federal law. The court agreed and the charges against the four officers were dismissed.

On July 22, 2004, President George W. Bush signed the Law Enforcement Officers Safety Act (LEOSA) into law, which exempts police officers from state laws prohibiting carrying concealed firearms. The law is also known as the National Concealed Carry Law, and is commonly referred to as HR 218. The officers argued that they were carrying concealed weapons legally due to the federal preemption of state law prescribed in HR 218.

In finding in favor of the officers, the court stated, “state laws that interfere with, or are contrary to the laws of Congress, made in pursuance of the Constitution are invalid.” It cited Section Two of the federal law, which states in pertinent part:

(a) Notwithstanding any other provision of the law of any State or any political subdivision thereof, an individual who is a qualified law enforcement officer and who is carrying the identification required by subsection (d) may carry a concealed firearm that has been shipped or transported in interstate or foreign commerce, subject to subsection (b).

(b) This section shall not be construed to supersede or limit the laws of any State that:

1. Permit private persons or entities to prohibit or restrict the possession of concealed firearms on their property; or
2. Prohibit or restrict the possession of firearms on any State or local government property, installation, building, base or park.

The court reiterated that a “qualified law enforcement

officer” is an employee of a government agency who:

1. Is authorized by law to engage in or supervise the prevention, detection, investigation, or prosecution of, or the incarceration of any person, for, any violation of law, and has statutory powers of arrest;
 2. Is authorized by the agency to carry a firearm;
 3. Is not the subject of any disciplinary action by the agency;
 4. Meets standards, if any, established by the agency which require the employee to regularly qualify in the use of a firearm;
 5. Is not under the influence of alcohol or another intoxicant or hallucinatory drug or substance; and
 6. Is not prohibited by Federal law from receiving a firearm.
- It also reiterated that the necessary identification is one that contains a photograph issued by the governmental agency that employs the individual as a law enforcement officer.

The court found that the “federal law is clear in its intent to preempt state laws unless either of the exceptions in (b) (1) or (2) apply.” Since neither exception applied in this case, and the officers were “qualified law enforcement officers” as defined by the Act since they were qualified to carry firearms, were not found to be under the influence of alcohol or drugs and possessed the necessary photographic identification, the court held that the officers were exempt from prosecution under South Dakota law.

THE ISSUES RAISED

Why were the officers charged to begin with? One federal authority has answered by stating that the act is an Affirmative defense. And as such HR 218 does not prevent an officer from being arrested, it can be used as an affirmative defense at a hearing on the legality of the arrest. The court must determine whether the officer is a “qualified law enforcement officer” carrying the requisite photo id.

Also and maybe more importantly, officers need to know that HR 218 does not exclude states from enacting laws prohibiting private persons or entities from possessing firearms on their property, or from laws that restrict or prohibit the carrying of firearms on any state or local government property.

Therefore, HR 218 WILL NOT protect officers carrying a concealed weapon if they are on a location that has enacted laws under either of these two exceptions. ◀



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and the membership at large

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to our Intranet and Internet

THORACIC PARK

by AMT John Baerlein

Emergency Ambulance Bureau

Assigned to NC Fire/Police EMS Academy

To inform and educate members of the NCPD family about basic and advanced life saving procedures.

By now, most of the officers have seen one of the Police Academy or Fire and Police Academy instructors at one of your turnouts talking about bloodborne pathogens. One of the precautions we have at our disposal to protect us against Hepatitis B (HBV) is the HBV vaccine. Below is some information for those of you deciding if you should or should not receive the vaccination.

HBV is a potentially life-threatening blood-borne pathogen.

HBV is a potentially life-threatening blood-borne pathogen. The Centers for Disease Control estimates there are approximately 280,000 new HBV infections each year in the U.S. Approximately 8,700 health care workers contract HBV each year, and about 200 will die as a result. In addition, some who contract HBV will become carriers, passing the disease on to others. Carriers also face a significantly higher risk for other liver ailments, which can be fatal, including cirrhosis of the liver and primary liver cancer.

HBV infection is transmitted through exposure to blood

and other infectious body fluids and tissues. Anyone with occupational exposure to blood is at risk of contracting the infection. The best defense against HBV is vaccination.

The HBV vaccination is a noninfectious, yeast-based vaccine given in three injections in the arm. It is prepared from recombinant (man made) yeast cultures, rather than human blood or plasma. Thus, there is no risk of contamination from other blood-borne pathogens nor is there any chance of developing HBV from the vaccine.

The second injection should be given one month after the first, and the third injection six months after the initial dose. More than 90 percent of those vaccinated will develop immunity to HBV. To ensure immunity, it is important for individuals to receive all three injections. At your next yearly physical, after you have had the vaccine, ask the doctor to “titer” you for HBV. He will draw your blood and check it for the HBV antibodies assuring that you are immune to the virus. Check your titer every few years. I have mine checked yearly as well as have myself checked for immunity from measles, mumps, rubella (MMR) and small pox. This again, ensures your immunity and will give you an idea of when or if you will need a booster shot for any of the listed diseases.

Can you decline the vaccination? Sure, but why? The pain of an intramuscular needle injection lasts a few seconds. The pain of cirrhosis lasts for years. Usually until you die! ◀

TRAINING AND TIMELY TOPICS

by PO Michelle Garry, Police Academy

News and views from our Police Academy.

“CHILD PROTECTIVE SERVICE WORKERS RECEIVE TRAINING AT THE POLICE ACADEMY”

by PO Michelle Garry, Police Academy

The training never stops! This past month, the Police Academy conducted specialty training for Nassau County’s Child Protective Service (CPS) Workers. This training was offered to supervisors and investigators and, in total, 130 dedicated staff members of CPS participated in the training.

After spending the day with these dedicated people we realize that our jobs have more in common than not. The role of a CPS investigator is not too dissimilar from the role of police officer or detective. CPS is responsible for investigating all allegations of Child Abuse and Neglect received by the Department of Social Services and from the New York State Child Abuse Registry.

The investigation of a report is a fact-finding process that includes interviewing, observing, and information gathering. Its purpose is to protect the child, determine the validity of the allegations, evaluate any condition of abuse or maltreatment that was not reported, and determine the services necessary to ensure the protection of the child and reduce the degree of future risk to the child. The investigation

includes an evaluation of all children in the home, whether or not they are actually named in the report. The final step in an investigation is the determination of whether the report is “indicated” or “unfounded”.

Each training session challenged the trainees in their knowledge and observation skills and focused on enhancing their abilities to conduct their investigations with a few more tools in their tool belt.

The following topics were presented during these day long training seminars: Preparation of the “Home Visit” and Proper Observations; Command Presence; Conflict Resolution /Verbal Judo.

“Hands-on” training was also presented when PO Fintan McCormac demonstrated easily adaptable defensive tactics to the CPS workers. Participants were encouraged to take their shoes off and get on the mats and practice defensive stance and falling techniques. Some even worked up a bit of a sweat!

Det. John Birbiglia from Narcotics/Vice Bureau brought along his little bag of tricks and was able to “show” and “tell” the audience about narcotics identification.

Det. Sgt. James Skopek of the Special Investigations Squad rounded out the day with a 45-minute lecture on “Interviewing with Confidence”.

Like the Police Department, CPS has the ability to receive and begin investigating reports of abuse or maltreatment 24 hours per day, seven days per week. ◀

ON DECK WITH PAL

by Sgt. John Mateer, CO and Sgt. Doug Kenah, DCO; PSA Luann Smith, article coordinator; Police Activity League Unit Keeping you informed about the projects and people of PALU.

VALLEY STREAM PAL FINISHES ANOTHER OUTSTANDING SEASON

The Nassau County PAL's Valley Stream Units Junior Rifle Team continued its tradition of success with their outstanding results this past season. The team won 15 medals, including five gold at the 2008 Empire States Games in Binghamton.

The team competes in Olympic style target shooting. In

a typical match, competitors fire a certain number of shots from three different positions, kneeling, standing, and prone at a target 50 feet away. Points are awarded for different hits on the target.

PAL team members Nick Novello and Stephen Zawislak received eight medals at the games. Also winning medals at the games were Walter Riker, Jon Vinas, and Stephen Wilson. Novello and Zawislak were both invited to attend the National Junior Olympics for the second year in a row. Only nationally ranked shooters are invited to attend. The Valley Stream PAL is a nationally recognized rifle program and continues to flourish year in and year out.



Joanne Cuomo, Valley Stream PAL President; Coach Blake McCauley; Medal winners: Jon Vinas, Nick Novello, Walter Riker, Stephen Zawislak, Stephen Wilson (not pictured), Paul Jording; and Coach Joseph Fitzgibbon.

ROVING REPORTER

by Peter Guggenheim, Executive Vice President, NC Reserves.
The ROVING REPORTER might ask for your opinion!

QUESTIONS:

What have you been doing lately?

Do you have any plans for the spring?

What are your favorite sports teams?

How many years were you on the job?

ANSWERS:

I have been taking it very easy because I had problems with my back. Prior to that, I had knee surgery, which took a long time to heal and slowed me down a lot. I feel a lot better now.

Regarding plans for the spring, my wife and I are planning our daughter's upcoming wedding. We also plan on going down to North Carolina to visit our son. We have a house upstate that we go to whenever time permits.

My favorite sports team is the New York Islanders. I have

followed the team since they first started on Long Island.

I was on the job for over 31 years and I retired out of Highway Patrol Bureau.

Retired Sgt. Robert Morse

I am not working and I am enjoying retirement. My wife, Ruth, still works for the New York State courts. I love using my computer at home. I work around the house and take out my Corvette for a ride every chance I can.

I plan on going down this spring to visit my mother in Florida and also down to Virginia to visit one of my sons.

I am a big fan of the New York Mets, and when it comes to hockey, there is only one hockey team for me and that is the New York Islanders. My son, Tim, who is a police officer in the First Precinct, is a Ranger fan.

I retired out of Highway Patrol Bureau after 36 great years.

Retired Lt. Michael Dilena

NCPD ORGANIZATIONS

News and events from our Department organizations. Email newsletter@pdcn.org or call Ext. 7011.

“FRATERNAL ORGANIZATION COMMITTEE”

by Det. Sgt. Carmine E. Soldano, COD; Fraternal Organization Committee Coordinator

The Fraternal Organization Committee will be meeting again on Wednesday, March 11th from 1000-1200 in Conference Room 206. We will continue working on the development of organizational insignia. Each organization should present a photo or drawing of an insignia for their respective organization. Eventually, these insignia will be made available directly from the fraternal organizations to their members.

The committee is also having each fraternal organization develop an information plaque for its respective organization to display at both Headquarters and the Police Academy facility. The main purpose of this plaque would be exposure of the organization for prospective members.

Remember that NCPD FCU automatic deductions are in full effect. Please sign up as soon as possible for the 2009 dues year.

“COLUMBIA POLICE ASSOCIATION”

by Det. Sgt. Carmine E. Soldano, COD; President of Columbia Police Association

Let me start this column with a heart filled congratulations to past President Robert J. Cannataro on his service retirement effective January 30th, 2009. After 26 years and three months, Bobby decided it was time to go. Bob has been an important part of the Columbia Police Association and is one of the people largely responsible for its success over the years. On behalf of the entire Board and membership, we wish him a long and healthy retirement.

The Columbia Police Association is in full swing with our 2009 membership drive. By now, you should have received your 2009 membership dues renewal notice. Please sign up for direct dues deposit and promptly get your membership dues in. Now that Tony Graziano is retired, he will be concentrating his efforts on dues renewal and recruiting new members. Our 300 club Raffle Ticket Program has started for 2009. There will be only 300 tickets sold at \$10.00 each. The first prize will be \$1000.00 drawn at our meeting in May. Please see Frank Ruvolo at the First Squad or any officer for more details.

On Monday, March 9th, the night of our regular meeting, we are bringing back, by popular demand, Dr. Mario Macaluso. Mario previously made a presentation to us back in November 2007 on Sicily. On March 9th, Mario will make his presentation on Pompeii. He will also present a 15-minute slide show and answer any questions on Italy in general. This presentation will be made in conjunction with a delicious family style Italian dinner served by our gracious hosts at Verona Restaurant. Dinner will include several appetizers, family style dinner, dessert, soda, wine, and coffee, tea, or cappuccino. You receive a night of entertainment and a delicious full course dinner for \$40.00 per person. Make checks payable to the Columbia Police Association. Seating is limited to 60 seats. Please make your reservations as soon as possible by contacting any officer or myself. Payment guarantees your reservation. Once the 60th seat is filled, you will be turned down at the door so please RSVP early.

On Thursday, October 23, 2008, we held our Biennial Installation Dinner Dance at the North Ritz Club in Syosset.



Commissioner Mulvey installs the Executive Board.



Carmine Soldano presents Chief of Department Anthony Rocco with the Police Officer of the Year Award.

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NCPD ORGANIZATIONS *continued from page 11*

“COLUMBIA POLICE ASSOCIATION” *continued from page 11*

A special thank you to Commissioner Mulvey for attending and installing the 2008-2010 Executive Board of Officers: President Carmine E. Soldano; 1st Vice President John Leonardo; 2nd Vice President Frank A. Ruvalo; Treasurer Thomas J. Esposito; Recording Secretary Louis Monteleone; Corresponding Secretary Fred Eavarone; Membership Chairman Antonio S. Graziano; Sergeant-at-Arms Anthony C. Sica; and Honorary Chairman, Anthony W. Rocco. Our



Chief Rocco with the Columbia Executive Board.



Carmine Soldano (c) with honorees Sal Ferro (l) and Chief Rocco (r).

2008 Police Officer of the Year was Chief of Department Tony Rocco and our 2008 Man of the Year was businessman Sal Ferro. Special thanks to all the individuals and businesses that supported both our commemorative journal and our dance, especially the Ferro family and Alure Home Improvements.

Please join us at our regular monthly meetings, which are held at Verona Restaurant in Farmingdale. Remember, the next two meetings are Monday, February 09, 2009, and Monday, March 9, 2009. Hope to see you all there.

“NCPD GUARDIANS ASSOCIATIONS”

by Wendy M. Neal, CBOP, CB, Recording Secretary Nassau County Guardians Association

Approximately midnight, Sunday, December 14, 2008, Lynn Singleton, Police Communications Operator Supervisor and Treasurer of the Nassau County Guardians Association, arrived home with her children, Darryl Jr., twelve, and Leah, nine. Her son noticed black smoke coming from the neighbor's chimney and alerted his mother that the house was on fire. Lynn immediately ran across the street and down the neighbor's driveway, only to witness flames shooting out of the upstairs bedroom. She then ran to the front of the home and called 911 while incessantly banged on the door to awaken the

sleeping family of four. After much persistence the neighbor came to the door and Lynn was able to alert him and his family of the fire and they all escaped safely. Once across the street away from the home, it then became fully engulfed. If it weren't for Darryl's observance and Lynn's quick thinking this would have been a very tragic story.

The Nassau County Guardians Association as well as the entire Police Department are extremely proud of our member Lynn and her son Darryl for their heroism.

“POLICE HOLY NAME SOCIETY OF NASSAU COUNTY”

by DI Neil Delargy, IAU; President of Holy Name

Come celebrate the seventy-sixth anniversary HNS Communion Mass and Breakfast!

The Nassau County Police Holy Name Society, which includes all the Village/City Police Departments in the County of Nassau, will hold its annual Communion Mass and Breakfast on Sunday March 29, 2009. This will be our 76th annual celebration. The Mass is scheduled for 7:45 AM at Saint William the Abbot Church, 2000 Jackson Avenue, Seaford. Our chaplains and Department members, (John Grebe, FTU, and Jesus Valdez, recently retired from CDS, have completed their education as deacons and were installed as permanent Deacons this past year) will participate in the development and celebration of the Mass.

The church is located about two miles from our breakfast site: Stuart Thomas Manor, 2143 Boundary Avenue,

Farmingdale. The trip to the catering hall from the church should take about 10 minutes and the breakfast will begin directly after Mass, as soon as our guests arrive. The program flows with coffee, tea, juice, fruit, pastries and rolls available upon arrival and shortly later a bountiful breakfast featuring everyone's favorites.

Our program is very time conscious and child friendly. Please, feel welcome to bring your family and experience a comfortable, religious event. Tickets are only \$20.00 (kids under 12 are free). For reservations, call my work number 573-7124 with the details, organization name and number of attendees. We can be contacted by mail with a check made out to the Police Holy Name Society and sent to Police Holy

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“POLICE HOLY NAME SOCIETY OF NASSAU COUNTY” *continued from page 12*

Name Society C/O Neil Delargy, IAU, 1490 Franklin Ave., Mineola, NY 11501. Any HNS Board Member can assist you in purchasing a ticket.

The 34th Annual Police HNS Retreat is set for March 29-April 2, 2009 at Saint Ignatius Retreat House in Manhasset. Our Chaplains and Fred “The Retired Skull” Seiling handle this event. It is geared for members of the departments (civilian, sworn) and retired members.

The theme this year is “Cultural & Secular Issues Stressing You and I”. This is a suggested program: the outline is yours to follow or if you prefer to, attend only those events that fill your particular needs. The food is great, the atmosphere relaxing

and the company is outstanding. Fred puts a lot of time into this event and finally convinced me to attend a couple of years ago. I always came up with an excuse why I couldn’t make it and Freddy said, “You’ll show up when you want to, if you really want to, you can make time”. Well, Fred was right and now I intend to always make time for this special event. The schedule for the retreat is as follows:

March 31 - April 2, 2009 (Tues.- Thurs.) main retreat;

March 30 - April 2, 2009 (Mon. -Thurs.) additional day.

Contact Fred Seiling at: work 516- 773-5284 (USMMA).

Details for these two annual HNS events are available on our website: www.policeholyname.com. Please look for our membership letter and application that will be mailed to registered police HNS members. The membership dues and raffle proceeds are the major funds that fuel our charitable programs and scholarship awards. ◀

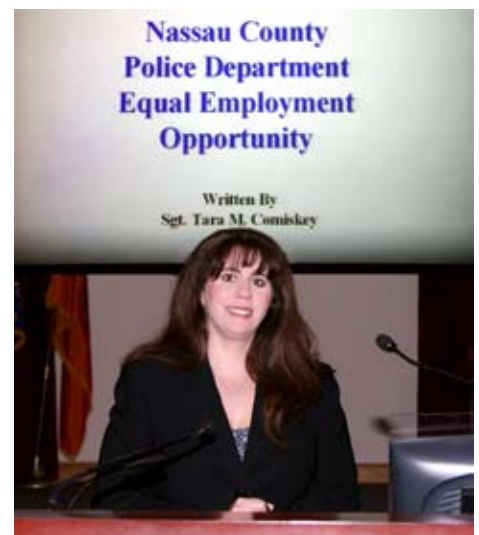
FAST FACTS ON...

“EQUAL EMPLOYMENT OPPORTUNITY”

by Sergeant Tara Comiskey, Personnel and Accounting Bureau

- The Nassau County Police Department is committed to providing a working environment free of discrimination and harassment. We are dedicated to providing a positive atmosphere to work in, where job-related problems and concerns receive prompt and courteous attention from supervisors.
- The Nassau County Police Department Equal Employment Compliance Officer investigates allegations of harassment and discrimination to its members. The Equal Employment Opportunity (EEO) Representatives handle these investigations with sensitivity and discretion. We discuss all investigations on a “need to know basis” and conduct a prompt and thorough investigation.
- If requested, the Nassau County Police Department will endeavor to make reasonable accommodations to qualified

employees with disabilities to enable them to perform the essential functions of their jobs and to enjoy the equal benefits and privileges of employment, unless providing such accommodation would impose an undue hardship on the operations of the County.



Sgt. Comiskey waits to begin EEO training.

• The EEO Office is currently implementing some changes to enhance its complaint handling procedure. We have created posters (see bottom left) listing the applicable EEO laws and whom an employee may contact in regard to an EEO complaint. We have revamped our complaint procedure to ensure greater confidentiality to the individuals involved in an EEO complaint. We have written a computer banner that will be displayed at login to remind all Police Department employees that emails are discoverable, and may even be foible, and that the computers are for Departmental use only. We have expanded our EEO Representatives to include a member from each division. These representatives will be attending turnouts and squad meetings to introduce themselves to the members. In addition, all Police Department supervisors (sworn and civilian) have been trained in a four-hour anti-discrimination course.

• Any member requesting assistance related to Equal Employment Opportunity can contact Sergeant Tara Comiskey at 516-573-7218 or Inspector Thomas Krumpert at 516-573-7150. ▶

**Equal Employment Opportunity is
THE LAW**

EMPLOYERS HOLDING FEDERAL CONTRACTS OR SUBCONTRACTS.

Applicants to and employees of companies with a Federal contract or subcontract are protected under Federal law from discrimination on the following bases:

Race, Color, Religion, Sex, National Origin
Executive Order 11461, as amended, prohibits job discrimination on the basis of race, color, religion, sex or national origin, and requires employers to take affirmative steps to ensure equality of opportunity in all aspects of employment.

Individuals With Disabilities
Section 503 of the Rehabilitation Act of 1973, as amended, prohibits job discrimination because of a disability and requires affirmative action to employ and advance in employment qualified individuals with disabilities who, with or without reasonable accommodation, can perform the essential functions of a job.

Vietnam Era and Special Disabled Veterans
38 U.S.C. 4212 of the Vietnam Era Veterans Readjustment Assistance Act of 1974, as amended, prohibits job discrimination and requires affirmative action to employ and advance in employment qualified Vietnam era veterans, special disabled veterans, recently separated veterans, and veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized.

PRIVATE EMPLOYMENT, STATE AND LOCAL GOVERNMENTS, EDUCATIONAL INSTITUTIONS, EMPLOYMENT AGENCIES

promotion, discharge, pay, job training, fringe benefits, classification, referral, and other aspects of employment on the basis of disability. The law also requires that covered entities provide qualified applicants and employees with disabilities with reasonable accommodations, unless such accommodations would impose an undue hardship on the employer.

Age
The Age Discrimination in Employment Act of 1967, as amended, protects applicants and employees 40 years of age or older from discrimination on the basis of age in hiring, promotion, discharge, compensation, and other terms, conditions or privileges of employment.

Sex (Wages)
In addition to sex discrimination prohibited by Title VII of the Civil Rights Act, as amended, the Equal Pay Act of 1963, as amended, prohibits sex discrimination in payment of wages to women and men performing substantially equal work, in jobs that require equal skill, effort and responsibility under similar working conditions in the same establishment.

Retaliation
All of these Federal laws prohibit covered entities from retaliating against a person who files a charge of discrimination, participates in an investigation, or opposes an unlawful employment practice.

PROGRAMS OR ACTIVITIES RECEIVING FEDERAL FINANCIAL ASSISTANCE:

Race, Color, National Origin, Sex

**WHAT TO DO
IF YOU BELIEVE
DISCRIMINATION HAS
OCCURRED.**

*If you believe that you
have been discriminated
against under any of
these laws, you should
immediately contact:*

**NCPD EEO Coordinator
Inspector Thomas Krumpert
CO, PAB
573-7150**

**NCPD EEO Representatives:
Det. Sgt. Jeanne Gans
Office of Chief of Detectives**

Sgt. Tara Comiskey

WELCOME MAT

Our guest column extended to persons and organizations outside of the Department. Contact the editor-in-chief, Ann Schockett, at Ext. 7011 or email newsletter@pdcn.org.

“NEW YORK STATE OFFICE OF HOMELAND SECURITY”

by NYS Office of Homeland Security Public Information Office

Last December, members of the Nassau County Police Department Bureau of Special Operations were assigned to a special mission to assist other tactical teams locate and neutralize a suspected terrorist cell planning a weapons of mass destruction operation based out of JFK airport. After several days of intensive preparation, an operations plan was developed and executed resulting in the successful prevention of an incident.

Wonder why you didn't read about this in the news? This was part of a week-long training program, Weapons of Mass Destruction Tactical Operations Course, provided by the New York State Office of Homeland Security and delivered by Louisiana State University's National Center for Biomedical Research and Training, Academy for Counter-Terrorist Education.

This one of over 100 Homeland Security courses, many targeted specifically at law enforcement and available at no cost locally, at the State Preparedness Training Center in Oriskany and in residential classes at various locations in the country. These courses are provided at the awareness, performance and management level, with only a partial listing of courses available below:

- Prevention and Deterrence of Terrorist Acts by Law Enforcement;

- Incident Response to Terrorist Bombings – Awareness;

- Managing Civil Actions in Threat Incidents (MCATI): Basic Course;

- WMD HazMat Evidence Collection;

- Managing Civil Actions in Threat Incidents (MCATI): Protester Devices;

- Weapons of Mass Destruction Tactical Operations Course - Technician Level;

- Advanced WMD Tactical Operations;

- Incident Response to Terrorist Bombings – Operations (Train the Trainer);

- Prevention of and Response to Suicide Bombing Incidents (Train the Trainer);

- Detection Equipment for Law Enforcement;

- WMD Law Enforcement Protective Measures;

- Law Enforcement Response Actions;

- Managing Civil Actions in Threat Incidents:

- Command Course;

- WMD Tactical Commanders;

- Master of Arts Degree in Homeland Security.

COURSES WITHIN NY STATE

These courses are offered at variety of locations throughout New York State with many offered within the New York Metro Area or at the State Preparedness Training Center (SPTC) near Utica, NY. For most courses at the SPTC lodging is provided.

A sample of upcoming course include;

- WMD Radiological/Nuclear Responder Operations at the SPTC, Oriskany, NY: 2/24-26/2009;

- EMS Operations and Planning for a WMD Incident at the SPTC, Oriskany, NY: 3/3-5/2009 ;

- Enhanced Threat and Risk Assessment at the SPTC Oriskany, NY: 3/11-12/2009 ;

- Transit Terrorist Tools and Tactics at JFK International Airport Jamaica, NY:

- 3/24-26/2009 ;

- WMD Incident Complexities at the SPTC Oriskany, NY: 3/30/2009 ;

The State Preparedness Training Center (SPTC), located at the former Oneida County Airport utilizes existing facilities, including former hangers to provide hands on performance based training and features state-of-the-art classrooms that are designed to be multi-functional and use the latest technology. Further information on the SPTC can be found at its website (<http://www.security.state.ny.us/training/SPTC/About.html>)

Further information and a complete and current listing of available courses is maintained by the NYS OHS Training and Exercise Division on our website at http://www.security.state.ny.us/training/training_calendar.php.

RESIDENTIAL COURSES OUTSIDE OF NY

Courses are also offered at specialized training locations in Alabama, New Mexico and Nevada, most often involving facilities that cannot be easily duplicated in NY including live agents, explosives and radiological elements. These courses are provided by the National Domestic Preparedness Consortium Members, Center for Domestic Preparedness (CDP), Nevada Test Site's Counter Terrorism Operations Support Program (NTS/CTOS) and The Energetic Materials Research and Testing Center (EMRTC). All residential courses and travel are provided at no cost.

The Center for Domestic Preparedness (CDP) is the nation's only congressionally-chartered Federal training facility for live chemical / nerve agents – also known as chemical weapons of mass destruction – for civilian emergency responders. The CDP offers 38 courses that give emergency response providers a wide range of training. All

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LEGAL BRIEFS

by ATA Jennifer Corrado, Legal Bureau

An informal examination of legal issues and trends relevant to law enforcement.

“TEXTING WHILE DRIVING”

Gr8t c u ltr! If you understood that, then you’re a texter! Text messaging has become a popular means of communication for kids as well as adults; it’s a quick and easy way to get the word out. Texting is simple, however it does require your visual attention. Eyes on the road that’s what Nassau County has to say about text messaging while driving! Nassau County Miscellaneous Section 4 Text While Driving messaging Glancing at screen to either message causes your attention which has increase in motor vehicle nationwide. to the AAA’s



Law Title 71- Messaging prohibits text while driving. your cell phone read or create a a distraction of to the roadway, resulted in an the number of a c c i d e n t s A c c o r d i n g survey of teen

drivers, 46 percent of teens text message while driving and 51 percent talk on cell phones while driving. These are frightful statistics. The AAA reports that car and traffic accidents are the leading cause of death for people ages 15 to 20 years old. This law was created to deter the temptation to text while driving; a violation of this law is punishable by a fine not to exceed one hundred and fifty dollars for each violation. There are two exclusions to this law, the prohibition does not apply to text messages composed via any voice recognition technology, nor does it apply to authorized operators of emergency vehicles. Be aware that a similar law is also in place in New York and Suffolk Counties.

If you have any further questions regarding this article, please contact the Legal Bureau at Ext. 7210. ◀

NEW! EMPLOYEE ASSISTANCE

by Sgt Harry Reddan, CO, Employee Assistance

Understanding ourselves.

“EMPLOYEE ASSISTANCE OFFICE (EAO) - ‘WHAT IS THIS?,’ YOU MAY ASK.”

So many of us are affected by the stresses of everyday life, hardships that we have been through in the past, or the unknown things that may occur. Sometimes we all need someone to talk to, to get a different perspective on things, to help us handle our lives and ourselves a little better. The EAO is a free counseling service offered to all employees, both active and retired, of the Department and their immediate family members. The office is staffed with police officers, who are also New York State licensed social work therapists and offer individual, family, and couples counseling to those who may need it.

Call 573-5050

We are located in Plainview, in a very discrete location in order to ensure complete confidentiality of services and privacy. All services that are offered will remain confidential, meaning nothing leaves the offices of the EAO. The only exclusions to confidentiality are if there is an immediate danger to yourself or others.

The staff of the EAO consists of three Licensed Clinical Social Workers, who have all been trained in many different therapeutic interventions. If you are interested in services all you have to do is call our office at 573-5050. We will then immediately set up an appointment for you to come and speak with one of our staff. During off hours, you can call CB at 573-7606 and they will get in contact with the EAO staff and we will get right back to you.

We, as police officers experience a lot of trauma and stress. This can affect us and our loved ones around us as well. This is why the benefits of having a counseling service for ourselves and our families is so important. So please don’t hesitate to call with any questions you may have about our services or how we can help you and your family. ▶

WELCOME MAT *continued from page 14*

courses are available as resident training and select courses are available through non-resident programs to include mobile training units. (website: <https://cdp.dhs.gov/>)

The Energetic Materials Research and Testing Center (EMRTC) at New Mexico Tech (NMT) is the consortium’s lead partner for explosives, live explosives, and incendiary devices training. Courses at EMRTC are the week long Incident Response to Terrorist Bombing and Prevention and Response to Suicide Bombing Incidents. (website: <http://www.emrtc.nmt.edu/training/firstresponders.php>).

The Counter Terrorism Operations Support (CTOS)

Program at the NTS develops and delivers the training for emergency first responders. This training prepares the responders to take immediate, decisive action to prevent or mitigate terrorist use of radiological or nuclear WMDs, such as Improvised Nuclear Devices (INDs) and Radiological Dispersal Devices (RDDs or “dirty bombs”). (website: <http://www.ctosnnsa.org/index.html>).

All training classes are accessed through the New York State Office of Homeland Security Training and Exercise Division. For further information or questions please contact us via email at training@security.state.ny.us, via our website at <http://www.security.state.ny.us/training/index.html> or via phone at (518) 485-9453. ▶

SUPPORTING THE SHIELD

by Loring Miller, President, Nassau County Police Reserves
News of the Nassau County Police Reserves. News of the
Nassau County Police Reserves. Phone: 741-4040 Email:
NCPRA@aol.com.

At our January dinner meeting, we were once again privileged to sponsor and host the presentation of awards made on behalf of Commissioner Mulvey to officers and/or commands with the highest number of incidents of arrests involving illegal firearms. These awards, aptly entitled and presented as the "Commissioner's Award in Recognition of Police Excellence in Illegal Gun Abatement", are an important part of the Commissioner's "Guns Off the Street Initiative". This year's recipients of these awards were PO Dennis Sharp and PO Alfredo Rodriguez of BSO as individual officers, and the entire First Precinct was honored again for the second year for their efforts as a command. In addition to the two BSO officers, First Precinct CO, Inspector Michael Cronin, and past CO, Inspector Rick Capece, accepted the honor on behalf of all members of the precinct.



Donald Kane receives Director of the Year Award.

Also presented on that very busy evening were two other awards involving NCPD and Police Reserves – The Police Reserves' "Commissioner's Discretionary Award for Community Service" and the "Director of the Year" honor to an outstanding member of our Board of Directors. The Discretionary Award was presented to PO Ed Hartmann for his donation of a kidney to the wife of another NCPD officer, and it was a most touching and emotional moment when Officer Hartmann received a thank-you embrace from the recipient of his most generous and special gift of life. Retired



PO Edward Hartmann receives Police Reserves Commissioner's Discretionary Award for Community Service.

Commissioner Donald Kane was a bit choked up himself upon accepting the honor presented to him from Police Reserves' Board of Directors, as he has proven to be an invaluable advisor and friend to us in our efforts to support the members of the Department. It certainly was as rewarding an evening for all in attendance as it was a busy one!

We have had a series of special occasion dinner meetings recently, with our Patriots Night in October and the just described awards dinner in January. The upcoming March 9th dinner meeting promises to be another special event in that we will be presenting our "Person of the Year" honor to Commissioner Lawrence Mulvey, who has been selected to receive this seldom given honor for his outstanding accomplishments and abilities in so successfully managing the Department during the most difficult of times, all the while helping to boost morale and relationships within the Department to previously unprecedented high levels. In addition, we will of course be honoring officers from the NCPD with our "Top Cop" awards, along with Nassau village PD honoree(s) to be determined.

As always, all readers who are members of the Department are welcome to join us at the next NCPD dinner-meeting as our guests on the evening of March 9th to honor Commissioner Mulvey. Please call our office phone 741-4040 for info if interested in attending. ◀



Commissioner's Gun Abatement Award presented to PO's Dennis Sharp and Alfredo Rodriguez of BSO and to the First Precinct.

CSEA CORNER

by Public Relations Specialist Ryan Mullholland, CSEA Local 830
News and Events relating to Local 830 and its members.

CSEA MEMBER SAVES FAMILY FROM BLAZE

CSEA member from the Communications Bureau Lynn Singleton, saved her neighbors from a relentless fire around midnight, on Sunday, December 14th.

Singleton had just arrived home, when her 12-year-old son noticed smoke coming from the house across the street. She promptly ran across the street to check on the situation and called 911. Her daughter yelled from across the street that the fire was coming from the second floor window. After constantly banging on the front door, the father woke up, came to the door, completely unaware of the fire that was going on one floor above him.

Lynn gathered the mother, father, a 10-year-old girl and eight-year-old boy, and ushered them over to her house, where they saw the top of the house completely engulfed at that point. The top of the house ended up being completely destroyed, with the bottom still standing. The family is now living in a trailer on



CBOS Lynn Singleton, Communications Bureau

the property but were all completely unharmed from the incident.

Luckily, the Singleton family was awake to notice the fire, as Lynn had just arrived home from a dinner for the Nassau County Guardians. That is an African American organization within the Department and other village police departments in Nassau County that reaches out to local families in need.

Lynn has been Communication Bureau Supervisor in the alarm section for five years, and has been with the Department for eighteen years. She is in charge of maintaining all permits for

alarm systems in people's houses as well as being on the floor supervising all 911 radio communication.

She said of the incident, "I am just happy we were awake to notice the fire. Normally, we would not be. And we are all just so happy that nobody was hurt."

CROSSING GUARD UPDATE

On Friday January 9, 2009, CSEA met with Nassau County and it was determined that Nassau County crossing guards will be permitted to work during the February winter break. The next school recess is scheduled for Spring Break in April. CSEA will continue to negotiate with the County on reinstating the crossing guards for that break and for summer vacation.

LOG ON TO WWW.CSEA830.ORG

Don't forget to log on to CSEA Local 830's official website at www.csea830.org. Make sure to click on the "Click here to register" link to sign up, if you have not already, to gain members' only access. Over 1,600 members have signed up and the site receives 150,000 hits per month. It is constantly updated with the latest news and information that is important to Local 830 members so LOG ON TODAY!

THE JOKES ON US

by Det. Vincent Garcia, PIO, Public Information Office
Email your funny story, riddle or joke to vgarcia@pdcn.org.

One night a police officer was staking out a particularly rowdy bar for possible DUI violations. At closing time, he saw a fellow stumble out of the bar, trip on the curb and try his keys on five different cars before he found his. The man sat in the front seat fumbling around with his keys for several minutes.

Meanwhile, all the other patrons left the bar and drove off. Finally he started his engine and began to pull away. The police officer was waiting for him. As soon as he pulled onto the street, the officer stopped him, read him his rights and administered the Breathalyzer test to determine his blood-alcohol content.

The results showed a reading of 0.0.

The puzzled officer demanded to know how that could be. The driver replied, "Tonight, I'm the designated decoy."

TAKE THE SHOT

by Photo Section

Technical information and practical advice on improving your photography.

“EYE-FI”

by PHO2 Carl Santoro, Photo Unit

(For best viewing of this article go online and click the links)



Eye-Fi isn't meant to be a huge memory card for vacations - there are plenty of those. It's made to make your photo downloading and sharing much easier on the 365 days (minus two weeks) of the year when you're NOT on vacation.

If you are not comfortable taking cards out of your camera - this is for you!

A Wi-Fi Memory Card?

Yes, there really is Wi-Fi inside that tiny little card. Wi-Fi is short for “Wireless Fidelity”, sometimes written without the hyphen (WiFi), and is a common technology for networking computers without wires.

Your photos are sent wirelessly from the Eye-Fi Card inside your camera through your home Wi-Fi network directly to your PC or Mac. They are automatically saved in the folder you choose, no USB cables, cradles or fuss.

The Eye-Fi Card comes with everything needed to set up and connect to your home Wi-Fi network. After that, pop the card into your digital camera and start capturing those memories. It stores pictures like a regular SD card no matter where you are, and uploads your photos automatically as soon as you return to your home network. All you have to do is turn the camera on.

Upload to Web and Computer

If you want to share your photos online as well as save them to your computer, you can. Unlike the Eye-Fi Home card, the Eye-Fi Share Card uploads your pictures to the Eye-Fi Service, which will then deliver your photos to your chosen website for sharing or printing and send a copy to your computer. If your PC or Mac is turned off during the upload, the Eye-Fi Service will hold your photos and deliver them to your computer the next time you turn it on.

There's three models of Eye-Fi Wi-Fi SD cards available.

Home VS. Share VS. ExploreEye-Fi

Home is super affordable, and will let you wirelessly upload photos to your computer.

Eye-Fi Share does everything Home does and takes it up a notch: it can also upload photos to online services like Flickr, Facebook, Picasa, and others.

Explore Eye-Fi does everything Home and Share do,

but it also includes unlimited Geo-tagging of your photos (it figures out where in the world you took it and stores that info in the photo for services like Flickr that can take advantage of it.) Explore also includes a 1-year free subscription to WayPort hotspots so you can upload your photos from hotels, airports, even McDonalds!

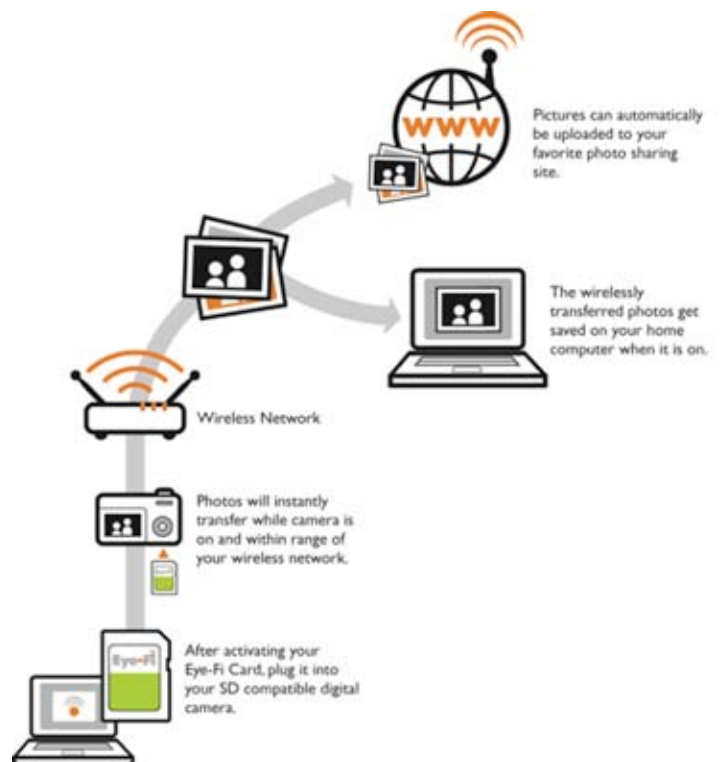
Perfect For

Backing up all your photos online -- Just set uploads to be private, and have a complete, automatic, online backup with zero hassle! · Parents and Grandparents -- Wanna see more of their photos? Buy 'em an Eye-Fi and set it up with a Flickr or Picasa account. (Or *gasp!* Facebook.) Now every photo they take is uploaded automatically, and they don't even need a computer! · Parties, weddings, events -- Snap photos and have a live, dynamic slideshow playing of photos right as you take 'em! (We've done it, it's awesome.)

Tips & Tricks

Using your Eye-Fi to shoot weddings and events -- Want to set up a live slideshow of your images as you take 'em, or just want to download photos as you go? Follow these instructions to create a great on-the-go setup that doesn't require an internet connection.

Supercharge your Eye-Fi's wireless range for Event Photography -- Use a nifty portable router and battery pack to eek out maximal wireless range from your Eye-Fi when shooting in a large area. · iPhoto Integration -- Mac fans, check out our little sidekick which automatically imports your Eye-Fi uploaded photos to iPhoto (experimental).



continued on page 19

WHERE ARE THEY NOW?

by Bob Livoti, Retired PO, NCPD

Stories about members retired from the NCPD.

“JIM DELVIN”

Jim retired from the Seventh Squad in 1977. For the past 12 years, he has been involved with the National Center for Missing and Exploited Children. He is in a section called “Project Alert”, which stands for “America Law Enforcement Retirement Team”. They have approximately 200 members nationwide of all types of law enforcement – from federal to local – who volunteer their time in assisting local police departments throughout the country. Jim has been to many police departments in the U.S. and says, “Nassau PD stands head and shoulders among law enforcement agencies.” His last assignment was the Katrina hurricane. During this disaster, 5,500 children went missing. The agency recovered all and reunited them with their families.

The National Center was established in 1984 when President Reagan signed a bill to protect missing and exploited children. This law requires all law enforcement agencies to report missing children to the National Center. The Center then enters information into their database. Prior to this law, local law enforcement agencies took care of their own missing children on a local level.

The Justice Department plus donations from large corporations fund the Center. Charles Wang purchased the headquarters building in Alexandria, VA, where the Center is located.

Throughout the year, the Center hosts seminars for police chiefs and executives from all over the country. During the



Jim Devlin and his friend, Bea.

seminars, the police chiefs are told about the “Project Alert” program. The chiefs are informed of the Center’s services available to them at no cost.

When the local police chief requests assistance from the Center, the Center contacts one of us to see if we are able to respond. The Center then books flights and lodging for us. Jim says that he has been up and down the east coast assisting local police departments from Maine to Florida.

When he started, 12 years ago, 400,000 children were reported missing yearly. Today, the figure is upward of 800,000. The Center recently started a Cold Case Squad. In 2007, he was involved with the Pennsylvania State Police investigating a case where a young girl went missing in 1983. Needless to say, there were cabinets full of files to review. ◀

TAKE THE SHOT *continued from page 18*

Wirelessly upload photos to your computer and to your favorite photo sharing, printing, blogging or social networking website. It’s never been easier to share your memories while they are still fresh. Like the Eye-Fi Home, the Eye-Fi Share wirelessly connects to your home Wi-Fi network and uploads your pictures. It delivers photos to your computer and automatically uploads your pictures to your favorite photo site. Choose from among more than 20 of the most popular websites. View the complete list of online destinations for your Eye-Fi Card. The Eye-Fi Share offers the added convenience of uploading your photos, even when your computer is turned off. Using its Smart Boost capability, the Card will determine the most efficient path to upload pictures, going quickly to your computer if it is on and then from there to the web if you’ve elected to share online, or going straight to the web if the computer is off. The photos will be stored securely and delivered to the computer the next time it is turned on. Behind the scenes, the Eye-Fi Service intelligently handles your photos, getting them to your chosen site, taking

care of log-ins and passwords, even re-sizing pictures if your destination requires it. It’s secure and private, and photo uploads are free and unlimited with Eye-Fi Share and Eye-Fi Explore.

Upload to Web and Computer

Features:

- Supports sharing and printing websites, including KODAK Gallery, Shutterfly, Wal-Mart, Snapfish, Photobucket, Facebook, Webshots, Picasa Web Albums, SmugMug, Flickr, Fotki, TypePad, VOX, dotPhoto, Phanfare, Sharpcast and Gallery;
- Handles full-resolution jpeg images and intelligently re-sizes photos if limited by your chosen photo or social networking website;
- Features Eye-Fi Manager for easy set-up of wireless network and photo upload preferences. Fits digital cameras that use SD memory cards;
- Offers 2 GB of memory to store photos on the card;
- Includes USB memory card reader to make set-up easy;
- Range: 90+ feet outdoors and 45+ feet indoors. ▶

A MATTER OF TASTE

by ITS Michael Winslow, Information Technology Unit
Certified Commercial Cook Graduate, Culinary Academy,
Syosset NY, specializing in sauces, seafoods and meats.
Good food for pleasure to the soul, like nothing else!

“MICHAEL’S LOBSTER BISQUE”

Lobster bisque is one of the most succulent dishes to ever cross a palate! It is not the easiest dish to make but with the proper procedures it can be quite enjoyable, and the “fruitage” of your labor shall ring in the “Halls of the Ancients” for eons to come.

PART 1 - MAKING THE STOCK

2 – lobsters (1lb – small LIVE)
1/2 – bag of shrimp (shell ON, deveined)
1/2 – large onion (keep the SKINS!) (Diced)
1 – carrot (diced)
1 – stick of celery (diced)
½ - bay leaf
6-8 - parsley stems
3 - peppercorns
1 – gallon water
2- sticks butter
1 – Tbl spoon Old Bay ©
seasoning
1 – lemon
8oz - dry white wine (chardonnay)

PART 2 – INGREDIENTS – THE SOUP

lobster and shrimp – chopped (medium)
½ - stick butter
½ - onion (minced)
1 - shallot (minced)
1 tsp - paprika
1 - pinch dried thyme
1 oz - tomato paste
4 oz - sherry
6 oz - white wine
Fish stock (reserve 3 cups)
1 cup - heavy cream (hot)
1 cup - cornstarch in cold water (slurry) add enough so the mixture is smooth

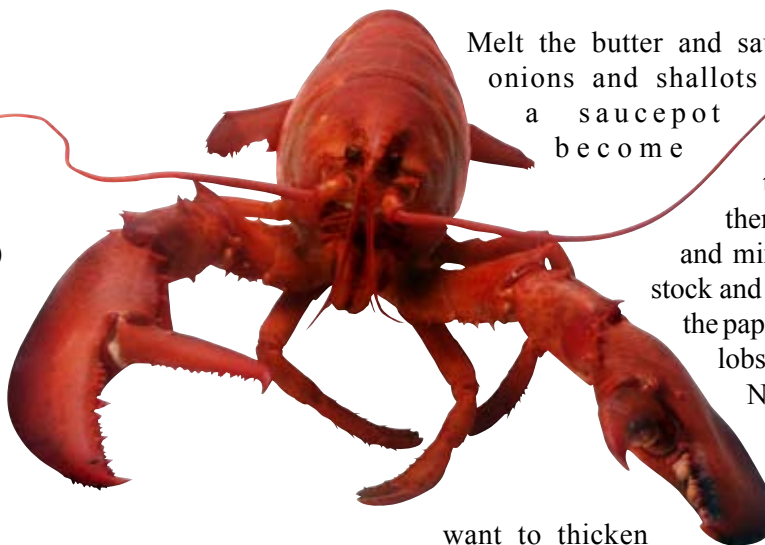
Melt one stick of butter in a saucepan. Add the Old Bay © and lemon and mix well. Split the two lobsters down the middle, pressing the tip of the knife into the mouth, and drawing it down the chest through the tail. Devein the lobsters but leave the insides (butter) in the lobster. Place the lobsters and shrimp on the grill/broiler. brush down the lobster and shrimp. Watch the shrimp carefully, so as not to “overcook” them. As soon as they turn “pink”, pull them out. Once the

lobster shells turn “red”, pull those out. Take the shells off the shrimp and set them aside in a bowl. Likewise, remove the tail meat from the lobster, and crack and remove the meat from the claws, and set those in a covered dish in the fridge. In a large pot, add ½ stick of butter, your onion (1/2), celery, and carrot, and simmer them for five minutes. Then stir in wine and all the lobster shells and shrimp shells. Cover and let simmer (five minutes). Add water, bring to a boil, add rest of ingredients, and let simmer again for 30-45 minutes. Cover your strainer with cheese cloth (two layers) and strain the stock (liquid) into another container (on ice) that can be stored in your fridge.

The Soup

The two rules for making any soup with “cream”...

- 1) Never put cold to hot or hot to cold, instead “temper” the cold by adding a little of the hot at a time, and mixing well until the cold is warm (with the exception of your slurry).
- 2) Never put creamy into watery. AKA, you must thicken the stock (soup) before you add the heavy cream.



Melt the butter and sauté onions and shallots in a saucepot until they become clear. Add the can of tomato paste and mix; then add sherry and wine, and mix well. Add 2/3 of the stock and bring to a simmer. Add the paprika and thyme. Add the lobster and shrimp.

Now slowly stir in a spoonful of slurry at a time, stirring constantly. You want to thicken the soup about half as thick as the simmering heavy cream. Now, add your heavy cream, stirring it in a ladle at a time. If your soup starts to become to thick, add some of the stock you have left over (must be warm!), and whisk it in well. At no point should your bisque boil. Simmer only!

Taste your soup. Add sherry to smooth out the taste, and salt and “white” pepper to taste.

CHEF NOTES:

Shrimp can be left out of this recipe; it is added to bolster the soup. You can freeze and save any shrimp/lobster shells, and save for future use. Do not use crab shells as they will add a different flavor and aroma. Onion skins add color and flavor to any soup. Since this stock is going to be strained, add them. Lastly, you can lightly season the shrimp and lobster with a light sprinkling of Old Bay ©, an hour before you cook them. Be careful not to fully cook or over cook the lobster or shrimp. Any left over soup can be frozen and stored.

THE PULPIT

*Thoughts from our Department chaplains.
For information of assistance: Ext. 7606.*

"The Pulpit" is a forum in which the Department's Chaplains are given the opportunity to address the spiritual concerns of our force and civilian members. As such, the column will often approach the subject from the author's particular religious tradition. The opinions expressed within are not necessarily those of the editorial staff, the Office of the Commissioner of Police or the Department at large.

'THE EXPERIMENT'

by Fr. Joe D'Angelo, Department Chaplain



Here we are in the month of March with the ice, snow, rain, and winter chills still in our bones, and we are looking forward to spring! Many people suffer from "SAD" or

Seasonal Affective Disorder during these winter months, during which they become overwhelmed with an uneasy sadness of heart and spirit, not to mention depression, lethargy, and apathy. We long for the first signs of spring to burst forth to give us a sense of hope and new life! So, we need something to cheer us up and re-energize our spirits.

I read something interesting recently on the Internet, which I believe is worth reflecting on and which I would like to share with you. It was entitled, "The Experiment: Violinist in the Metro".

A man sat at a metro station in Washington D.C. and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work.

Three minutes went by and a

NCPD CHAPLAINS

Chaplains are available 24 hours a day.

Call CB at Ext. 7606.

Reverend James G. Anderson, Protestant

Reverend Joseph J. D'Angelo,
Roman Catholic

Reverend Robert W. Harris, Protestant

Reverend Monsignor Thomas Hartman,
Roman Catholic

Rabbi Abraham Lefkowitz, Jewish

Reverend Allan B. Ramirez, Protestant

Reverend Milton E. Rochford, Protestant

Rabbi Barry Dov Schwartz, Jewish

middle-aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then he hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in the till and without stopping continued to walk.

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a three-year-old boy. His mother tagged him along hurriedly, but the kid stopped to look at the violinist. Finally the mother pulled harder and the child continued to walk turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on.

In the 45 minutes the musician played, only six people stopped and stayed for a while. About 20 gave him money but continued to walk their normal pace. He collected \$32.

When he finished playing and silence took over, no one noticed it. No one applauded nor was there any recognition.

No one knew this but the violinist was Joshua Bell, one of the best musicians in the world. He played one of the most intricate pieces ever written with a violin worth \$3.5 million dollars.

Two days before his playing in the subway, Joshua Bell held a sold out concert at a theatre in Boston, with the seats averaging \$100.

Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a social experiment about perception, taste, and priorities of people. The outlines were: in a common place environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize the talent in an unexpected context?

One of the possible conclusions from this experience could be: if we do not have a moment to stop and listen to one of the best musicians in the world playing the best music ever written, how many other things are we missing?

Something to ponder as we await spring! ◀

ATTENTION

**C.O.P. to COP
is now
available
on the
Department's
Website!**

www.police.nassaucountyny.gov

**For the first time you can
experience C.O.P. to COP
in full color
with interactive links
from computers
outside of the
Department
network.**

HOT TIPS

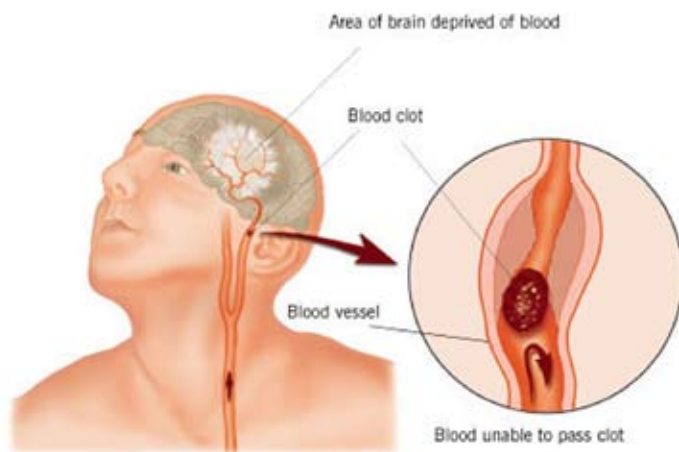
by PSA Sandra Bonom, Sixth Precinct

Tips on health, safety and other pertinent issues. Email suggestions to sbonom@pdcn.org.

“S-T-R”

The following is information everyone should know regarding blood clots/strokes. Remember the “3” steps: S-T-R

I remember attending a funeral where the widow was sitting in a chair and everyone thought she was grieving so badly for her husband because she was hardly responding to those around her when being offered condolences. It was learned later that day (after the woman was rushed to the hospital) that she was indeed having a stroke and no one knew what was going on. She passed away within a week.



Most neurologists say that if they can get to a stroke victim within three hours, they can totally reverse the effects of a stroke. The trick is to get a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours, which is tough. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. A bystander can recognize a stroke by asking three simple questions:

S* Ask the individual to **SMILE**

T* Ask the person to **TALK** and **SPEAK** a simple sentence (Coherently, i.e. It is sunny out today.)

R* Ask him or her to **RAISE** both arms.

If he or she has trouble with any one of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

A NEW SIGN OF STROKE - STICK OUT YOUR TONGUE!

Another “sign” of a stroke is this: Ask the person to stick out their tongue – if the tongue is “crooked”, if it goes to one side or the other, that is also an indication of a stroke.

The following has been brought to my attention and I would like to pass it on to the readers of “C.O.P TO COP”:

QUINOLONE ANTIBIOTIC FAMILY

In the fall of 2004, an upgraded warning was found within the package inserts for quinolones regarding potentially serious adverse reactions. It is important to note that pharmaceutical companies claim that the incidence of adverse reactions is quite rare, with occurrences at less than one person per ten thousand taking any of these antibiotics. However, many people who have been adversely affected dispute that the adverse reactions are rare, and contend that they may, in fact, be much more widespread than previously thought. Prolonged use/and/or high dosage can leave a person permanently disabled. It affects the nerves, tendons, heart and brain. Some of the more popular ones are Cipro®, Levaquin®, Avelox® and some others. I would check before taking this antibiotic. Go to the Internet and check out this drug, “Quinolone Antibiotics Toxicity.” (Thanks, Valerie)

Please email any suggestions for future articles to me at Sbonom@pdcn.org.

IMPORTANT DATES

Religious, secular and patriotic holidays; Remembering our own fallen.

Click on the date to learn more about the event

MARCH 2009

Month of March: National Women's History Month

Third Week of March: National Poison Prevention Week

March 2: Clean Monday - Orthodox Christian Lent begins

March 7: Remembering P.O. Gary R. Farley who died in the line of duty in 1993.

March 8: Daylight Saving Time

March 17: St. Patrick's Day

March 21: Vernal Equinox

March 22: Remembering Ptl. Joseph L. Coote who died in the line of duty in 1961.

March 27: Hindu New Year

March 28: Earth Hour - 8:30 PM. Info at www.earthhour.org - concept is for as many people as possible around the world to turn off lights for an hour (starting at their own local time). Security and emergency lighting will remain on. Millions of people, businesses, governments and civic organizations around the globe turn off their lights for Earth Hour. More than 100 cities across North America participate.

HEART OF THE MATTER

by Director of Communications Jessica DiMeo
LI Chapter, American Heart Association
Keeping your heart healthy!

“NUTRITION RECOMMENDATIONS”

March is National Nutrition Month, a perfect time to look at your diet and make improvements. The American Heart Association’s Diet and Lifestyle Recommendations are a great place to start. Here are some general recommendations:

- Be physically active to burn as many calories as you take in;
- Eat a variety of nutritious foods from all the food groups;
- Limit foods and beverages that are high in calories but low in nutrients;
- Don’t smoke tobacco - and stay away from tobacco smoke.

To get the nutrients you need, eat vegetables, fruits, whole-grain/high-fiber foods, fat-free or low-fat dairy products and fish often. At the same time, limit your intake of foods that are high in saturated fats, trans fats, cholesterol and sodium.

Trans fats and saturated fats are bad fats. They raise LDL (“bad”) cholesterol, which is a major contributor to clogged arteries and increases the risk of developing heart disease and stroke.

The unsaturated fats – monounsaturated and polyunsaturated – are smarter choices. Unsaturated fats do not raise LDL cholesterol and may be beneficial when consumed in moderation.

You can count on the American Heart Association’s heart-check mark to help you choose foods low in saturated fat and cholesterol at your grocery store.

Whole-grain, high-fiber foods are important to a heart-healthy diet – look for the whole-grain certification statement to identify foods that are also high in whole grains and fiber. Learn more at heartcheckmark.org.

Cooking heart healthy at home is another way to improve your overall diet. From quick dinner ideas to delicious desserts, American Heart Association cookbooks provide lots of ways to cook healthier. Visit americanheart.org/cookbooks for more information.

The Alliance for a Healthier Generation has tips for parents to keep their kids healthy, including dietary guidelines for children through age 18. Visit healthiergeneration.org to download tips for packing a healthy lunch box and dealing with picky eaters.

You can build your free heart-healthy grocery list online by visiting heartcheckmark.org. Use the grocery list builder tool to select from approximately 800 products screened and verified by the American Heart Association to be low in saturated fat and cholesterol.

Tell your friends and neighbors that the American Heart Association has resources to help them stay healthy. From guidelines on how to stay fit and eat well to the latest information on cardiovascular disease, americanheart.org is a complete resource for heart-healthy living. ◀

YOUR HEALTH

by Director of Health Systems and Worksite Initiatives
Christina Faber, MS, RD, CDN, American Cancer Society
Vital health topics including but not limited to cancer. For more information, contact Christina.Faber@cancer.org.

“FABULOUS? FIFTY? TIME FOR A LIFESAVING TEST”

You’re fabulous, you’re fifty, you’re also at risk for colon cancer.

March is Colon Cancer Awareness Month. Colorectal cancer, commonly referred to as “colon cancer”, is the third leading cause of cancer deaths in both men and women. One of the most powerful ways to prevent colon cancer is regular testing. If it is caught early, the disease can be stopped before it starts.

Everyone should get tested for colon cancer starting at age 50. People who have a history of colorectal cancer in their family should discuss with their doctor the age at which they should begin getting screened. Early detection testing can find and remove polyps before they become cancerous and can stop the disease before it starts. Your doctor can help you make an informed decision about the most appropriate testing method.

The big 5-0 is a milestone. It’s a time to reflect on accomplishments and make plans for the future, and turning 50 is also a major risk factor for colon cancer. More than 90 percent of people diagnosed with colon cancer are 50 and older.

So, with a half-century of wisdom, make a commitment



to stay active and healthy, celebrate being 50... go skydiving, run a marathon, travel the globe, and get tested for colon cancer. And tell all of the fabulous 50- year-olds in your life to get tested. Send an e-card by logging on to www.cancer.org and type in the search bar: colon e-card. No matter what your age, you can share this lifesaving message with all of the fabulous 50-year-olds in your life.

You have the power to stop colon cancer before it starts.

To learn more about preventing colon cancer and guidelines for colon cancer screening, call the American Cancer Society at 1. 800.ACS. 2345, 24 hours a day, seven days a week, or visit www.cancer.org. ◀

DEAR C.O.P. TO COP

Email comments and letters to newsletter@pdcn.org or send a note to the editor-in-chief, Ann Schockett, PIO.

Dear C.O.P. To COP:

I was wondering if I could have an article entered into COP TO COP. It is not your ordinary article. It is the meaning of our dollar bill and what all that writing stands for. I have been a member of NCPD for over 34 years and a PSA working in Case Offense, (Operator 7) I am also retired from the United States Air Force and was ashamed that I did not really know what all that writing meant on our dollar bill. After reading it I was amazed at all the history and meaning that was put into the designing of our dollar bill. I just thought that maybe others would like to know just how much thought our forefathers put into the design and what it all means.

PSA Fran Gruber

Case Offense OP 7, Case Offense

The Shield on the Eagle - On the rear of the One Dollar bill, you will see two circles.

Together, they comprise the Great Seal of the United States. The First Continental Congress requested that Benjamin Franklin and a group of men come up with a seal. It took them four years to accomplish this task and another two years to get it approved.

If you look at the left-hand circle, you will see a pyramid. Notice the face is lighted, and the western side is dark. This country was just beginning. We had not begun to explore the west or decided what we could do for Western Civilization. The pyramid is uncapped, again signifying that we were not even close to being finished. Inside the capstone you have the all-seeing eye, an ancient symbol for divinity. It was Franklin's belief that one man couldn't do it alone, but a group of men, with the help of God, could do anything. 'IN GOD WE TRUST' is on this currency.

The Latin above the pyramid,

"ANNUIT COEPTIS", means, "God has favored our undertaking."

The Latin below the pyramid, NOVUS ORDO SECLORUM, means, "A new order has begun." At the base of the pyramid is the Roman numeral for 1776. (MDCCLXXVI)

If you look at the right-hand circle, and check it carefully, you will learn that it is on every national cemetery in the United States. It is also on the Parade of Flags Walkway at the Bushnell, Florida



National Cemetery, and is the centerpiece of most heroes' monuments. Slightly modified, it is the seal of the President of the United States, and it is always visible whenever he speaks, yet very few people know what the symbols mean.

The bald eagle was selected as a symbol for victory for two reasons: First, he is not afraid of a storm; he is strong, and he is smart enough to soar above it. Secondly, he wears no material crown. We had just broken from the King of England. Also, notice the shield is unsupported. This country can now stand on its own. At the top of that shield you have a white bar signifying congress, a unifying factor. We were coming together as one nation. In the eagle's beak you will read, "E PLURIBU S UNUM", meaning, "one from many." Above the Eagle, you have thirteen stars, representing the thirteen original colonies, and any clouds of misunderstanding rolling away. Again,

we were coming together as one. Notice what the eagle holds in his talons. He holds an olive branch and arrows. This country wants peace, but we will never be afraid to fight to preserve peace. The eagle always wants to face the olive branch, but in time of war, his gaze turns toward the arrows.

They say that the number 13 is an unlucky number. This is almost a worldwide belief. You will usually never see a room numbered 13, or any hotels or motels with a 13th floor. But think about this:

- 13 original colonies;
- 13 signers of the Declaration of Independence;
- 13 stripes on our flag;
- 13 steps on the pyramid;
- 13 letters in, "Annuit Coeptis";
- 13 letters in "E PluribusUnum";
- 13 stars above the eagle;
- 13 bars on that shield;
- 13 leaves on the olive branch;
- 13 fruits;

and, if you look closely, 13 arrows.

And finally, if you notice the arrangement of stars, 13 stars in the right-hand circle, you will see that they are arranged as a Star of David.

This was ordered by George Washington who, when he asked Hayim Solomon, a wealthy Philadelphia Jew, what he would like as a personal reward for his services to the Continental Army, Solomon said he wanted nothing for himself but that he would like something for his people. The Star of David was the result. Few people know that it was Solomon who saved the army through his financial contributions but died a pauper.

I always ask people, 'Why don't you know this?' Your children don't know this, and their history teachers don't know this. Too many veterans have given up too much to ever let the meaning fade. Many veterans remember coming home to an America that didn't care. Too many veterans never came home at all.

Share this with everyone, so they can learn what is on the back of the United States one-dollar bill and what it stands for. ◀

NASSAU COUNTY: OUR HISTORY

The history of Nassau County neighborhoods that we serve and protect. Excerpts from "Long Island: Our Story". ©2006 Newsday. Reprinted with permission.

"GARDEN CITY: Stewart's Ambitious Plan for the Plains"

by Andrew Smith, Staff Writer

Thousands of years before tree-lined streets stretched past graceful, formal homes, the place that would become Garden City sat in the heart of the Hempstead Plains, the only prairie east of the Mississippi River.

It was a flat, barren meadow -- as clean a sheet of paper as any developer could hope for. No hills. No forest to clear or swamps to fill. In pre-colonial times, Indians lived on the shores, using the plains only for hunting. Then, for more than a century before Garden City was developed in the mid-1800s, the plains were public land in the Town of Hempstead, used as pastures available to all. Some of Long Island's first horse-racing tracks were laid out on the plains. Every so often in the years after 1850, town officials would try to put the 7,000 acres they controlled up for sale, but voters routinely vetoed the attempts.

Finally, in 1867, the sale narrowly won voters' approval, and two years later Charles Harvey agreed to buy the plains for \$42 an acre. Harvey, one of the backers of New York City's elevated railways, was secretive about his plans... Enter wealthy New York merchant Alexander T. Stewart. He offered to pay an astounding \$55 an acre - and promised to invest millions of dollars to build homes, roads and neighborhoods. It would be one of the nation's first planned communities.

Harvey desperately increased his bid to \$56 an acre, but on July 17, 1869, Hempstead residents voted 1,077 to 52 in favor of Stewart's offer. Harvey threatened to sue, but in September Stewart received his deed for the plains for \$395,328.35 in cash. The money paid for a new town hall, a poor house and other expenses.

Stewart and his architect, John Kellum, got to work laying out their new village, which Stewart named Garden City, after Chicago's informal nickname... Much of 1870 was spent clearing and grading land and building an occasional house. The first one, a two-story cottage at 4 First St., was the headquarters for the enterprise. Workers erected 28 miles of white picket fence around the empty blocks, and Kellum had 6,500 sugar maple trees transplanted from Flushing. (The first house was razed in the 1960s, but the fence in front remains.)

In 1871, builder James L'Hommedieu of Great Neck won the first contract to build 20 "fine villa residences"..., priced between \$2,000 and \$20,000. Construction began the following year on the original Garden City Hotel. Despite the trappings of a fine village, residents were slow to arrive. They

may have been put off by Stewart's insistence on retaining ownership of the entire village. He leased every house and every business to occupants. By the end of 1874, only 40 families had moved to Garden City. But Stewart persevered. He built a railroad to serve Garden City, a waterworks and the first sewage system in what was then Queens County. He built more stately houses.

And then he died, in April, 1876. His village was still a shell, with empty roads, saplings and empty houses. Residents began referring to the picket fences around empty lots as "Stewart's ribs." Stewart's widow began work on a massive memorial to him - the magnificent Cathedral of the Incarnation. The Episcopal church was completed in 1885. Mrs. Stewart died the following year. There were no heirs.

Control of the village passed to the newly formed Garden City Corp., and in the 1890s, the village came to life. The company cleared away Stewart's ribs, encouraged renters to buy... and hired architect Stanford White to remodel the Hotel. It was an instant success and attracted... the richest citizens of the day...

The inability to attract land buyers prompted the Garden City Corp. in 1910, to sell 40 acres on Franklin Avenue to Doubleday, Page & Co. -- a rare invitation to industry from the planned community. Former President Theodore Roosevelt laid the cornerstone

and the publishing plant's 700 employees soon were turning out 6,500 books a day. Doubleday dubbed it Country Life Press, a name that lives in a railroad station by that name...

The Army's use of the remaining plains as campgrounds during the Spanish-American War and World War I brought visitors to the hotel and village. And nearby Roosevelt and Curtiss airfields attracted aviators. Charles Lindbergh stayed at the hotel in the week before his flight to Paris in 1927.

Thanks to the railroad and automobiles, Garden City finally began to fill up. It incorporated in 1919, and its exclusive reputation led nearby communities to spring up and associate themselves with it, particularly Stewart Manor and Garden City Park. Adelphi College moved from Brooklyn to Garden City in 1929, becoming the first four-year college in Nassau or Suffolk. In the 1930s, hundreds of houses were built to accommodate a population boom... Alone in central Nassau, the village retained a sense of orderly development, true to its rigorously planned roots.

Claims to Fame: The Episcopal cathedral and a more modern -- but less stylish -- version of the Garden City Hotel remain. The original headquarters building of the Vanderbilt Motor Parkway is a private home near Clinton Road. The toll lodge was moved in 1989 to Seventh Street, east of Franklin Avenue, and is now... the Garden City Chamber of Commerce... Homegrown celebrities include John Tesh, Susan Lucci and Telly Savalas. ◀




"FIRST'S RETIREES BREAKFAST"



Ric Fischer and Rich Lowasser founded the First Precinct Retirees Breakfast about five years ago and ever since then, a good number of retirees from the First enjoy meeting the first Thursday of the month at 9 AM at the Mediterranean Cafe in Bellmore. About 30-50 attend the casual breakfast on a consistent basis. "Good company, good friends! Watch for the PBA Newsletter for the upcoming reunion within the next year," said Neil Marconi on the phone. Neil has been retired since August of 2003 and is the owner of a limosine service and can be reached at 516-433-1465 if you have any questions. ▲

MASS AND COMMUNION BREAKFAST



**Police Holy Name Society
of Nassau County**

Sunday, March 29, 2009

SAINT WILLIAM THE ABBOT CHURCH
JACKSON AVENUE, SEAFORD

Assembly: 7:30 A.M.- St. William The Abbott Church
Mass: 7:45 A.M.- St. William The Abbott Church
Breakfast: Immediately following at Stuart Thomas Manor, Boundary Avenue, Farmingdale


TICKETS- \$20.00 Adults Children under 12 are FREE

BRING THE FAMILY

FOR FURTHER INFORMATION PLEASE CALL Neil Delargy 516-573-7124 (work)
516-945-5625 (cell)

SPONSORED BY THE MEMBERS OF THE HOLY NAME SOCIETY

ANNUAL RETREAT



Long Island's Police Holy Name Societies
"Cultural and Secular Issues Stressing You and I"

March 31st, April 1st, 2nd, 2009
with the option of checking in on March 30th

ST. IGNATIUS RETREAT HOUSE
SEARINGTOWN ROAD
MANHASSET

FOR FURTHER INFORMATION PLEASE CALL Fred Seiling (516) 352-8957

BRING A FRIEND

SPONSORED BY THE MEMBERS OF THE HOLY NAME SOCIETY
NEIL DELARGY, PRESIDENT

